



Mary Hayashi
ASSEMBLYMEMBER, 18TH DISTRICT

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Hayward, CA 94541

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ASSEMBLY

3RD ANNUAL

Women's Health Fair

Saturday, May 15, 2010

10:00 a.m. to 2:00 p.m.

Chabot College
Building 2300 - Cafeteria
25555 Hesperian Boulevard
Hayward, CA 94545

3RD ANNUAL

Women's Health Fair



Saturday, May 15, 2010 — 10 a.m. to 2 p.m.

Please join

Assemblymember Mary Hayashi

3RD ANNUAL

Women's Health Fair

Saturday, May 15th

Activities of Interest:

- Receive free health screenings
- Learn about nutrition facts every woman needs to know
- Talk to health professionals
- Obtain the latest in women's health information





California State Assembly

MARY HAYASHI

CHAIR, ASSEMBLY COMMITTEE ON BUSINESS AND PROFESSIONS
ASSEMBLYMEMBER, 18TH DISTRICT

Dear Neighbor:

In observance of May being Women's Health Month, you are invited to attend the 3rd Annual Women's Health Fair at Chabot College in Hayward. This free fair provides you with an opportunity to become better informed about women's health issues, access important health screenings, and learn positive steps towards building and maintaining an active, healthy lifestyle.

Staying informed on women's health concerns and receiving the latest information is key to achieving optimal health. A great resource for Californians is the Office of Women's Health, which provides policy and research, to raise awareness and reduce the incidence of preventable diseases. Now more than ever, it is important to understand the facts surrounding your health and participate in its enrichment.

To learn more about important women's health issues, visit the district website. It is an honor to serve the constituents of the Assembly District.

Capitol Office: State Capitol • P.O. Box 942849
Sacramento, CA 94249-0018 • (916) 319-2018 • Fax: (916) 319-2118

District Office: 22320 Foothill Boulevard, Suite 540
Hayward, CA 94541 • (510) 583-8818 • Fax: (510) 583-8800

E-mail: Assemblymember.Hayashi@assembly.ca.gov

Website: www.assembly.ca.gov/a18

Free Health Screenings Scheduled for:

- Balance
- Blood Glucose
- Blood Pressure
- Body Mass Index
- Bone Density
- Cholesterol
- Dental
- Hearing
- Mental Health Well Being
- Peripheral Neuropathy
- Stress Scan
- Vision



**In Honor of May being
Women's Health Month,
and in cooperation with
St. Rose Hospital and Chabot College,
You're invited to the**

3RD ANNUAL *Women's Health Fair*

**Saturday, May 15, 2010
10 a.m. to 2 p.m.**

**Chabot College
Building 2300 - Cafeteria
25555 Hesperian Boulevard
Hayward, CA 94545**

Speaker Series on the Following Topics:

- Preparing Healthy Meals and Snacks on a Budget
- Weight Loss and Achieving Optimal Health
- Latest Advances in Cosmetic Enhancements
- Exercise Techniques at Home and Outdoors
- Breast Cancer: Learn the Statistics, Risks, and Latest Treatments

Health Exhibits from Community Organizations

Free H1N1 Flu Vaccinations

Bring your old prescriptions and over-the-counter medications for safe, free disposal courtesy of CommPre and the Hayward Coalition for Healthy Youth

FREE ADMISSION – advance reservations are required by calling (510) 583-8818 or by visiting www.adc.asm.ca.gov/ya.

Free Parking, Park in Lots G, F, and E

Public Transportation Available:

- From BayFair BART station, transfer to AC Transit Bus 97 Southbound.
- From Downtown Hayward BART station, transfer to AC Transit Bus 92 Southbound.

Special accommodations can be made for the deaf and hard of hearing with 72-hours notice.

Light refreshments provided.